

GREEN BELT

KNIFE DEFENCES

Outside Wrist Throw
Floating Wrist Throw
Arm Drag Takedown
Unassisted Arm Lock
Entangled Inline Arm Lock

HAND GUN COUNTERS

- Criss-Cross to Mastoid Neck
Restraint
- Wrist Throw
- Outside Arm Bar to Reverse
Shoulder Throw

SELF DEFENSE

Rear Wrist Grab - Lift Turn lock
- Entangled Throw

Head Lock - Hammer Lock
- Double Leg Takedown

Rear Bear Hug - Free Hands Hip
Throw

Lapel Grab And Punch -
Entangled Hip Throw

DEFENCE TO FRONT BODY HOLD

Head Turning Throw
Push and Pull Take Down
Two Hand Balance Break, Hip
Throw

GROUND LOCKS

Figure Four Paint Brush
Reverse Arm Entanglement
Figure Four Arm Bar
Figure Leg Lock(Half/Full)
Knee Bar
Heel Hook
Ankle Lock
Calf Lock

CHOKING TECHNIQUES

Knee Spear
Triangle Choke
Leg Vise
Bar Choke
Two Hand Reverse Cross
Japanese Strangle
Single Wing
Triangular Arm
Front Naked Choke (Guillotine)